Divinum Officium ad Horam Primam

a feria secunda usque ad feriam sextam

per annum

iuxta Regulam Sancti Patris Benedicti
ad usum Universitatis Stanfordiensis

The Divine Office
at Prime

from Monday to Friday
throughout the year

according to the Rule of St. Benedict
for the use of Stanford University

ut in omnibus glorificetur Deus

MMXII

ante Divinum Officium

Private prayer for recitation
before the Divine Office:

Aperi, Domine, os meum ad benedicendum nomen sanctum tuum: munda quoque cor meum ab omnibus vanis, perversis et alienis cogitationibus; intellectum illumina, affectum inflamma, ut digne, attente ac devote hoc Officium recitare valeam, et exaudiri merear ante conspectum divinae Majestatis tuae. Per Christum Dominum nostrum. Amen.

Open, O Lord, my lips to bless Thy holy name: cleanse my heart from all vain, foolish, and wandering thoughts; enlighten my understanding, enkindle my affections, and grant that I may recite this Office with devotion, so that I may be heard in the presence of Thy divine Majesty. Through Christ, our Lord. Amen.

Domine, in unione illius divinae intentionis, qua ipse in terris laudes Deo persolvisti, hanc tibi Horam persolvo.

O Lord, in union with that divine intention with which Thou, while on earth, didst Thyself praise God, I offer Thee this Hour.

stand

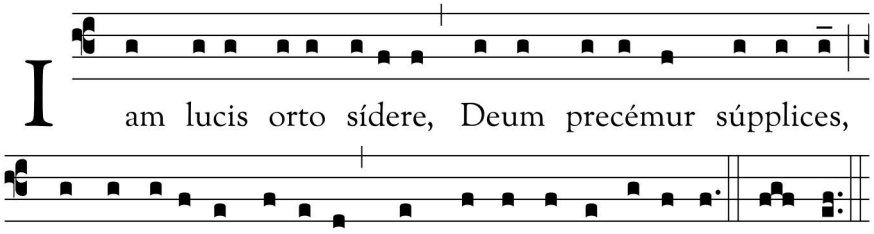
Inítium

D + e-us, in adiu-tó-ri-um me-um intende. Dómine, ad adiuvandum me festina. Gló-ri-a Patri, et Fí-li-o, et Spi-rí-tu-i Sancto. Sicut érat in princípi-o, et nunc, et semper, et in saecula saeculórum. Amen. Alle-lúia. *Or :* Laus tíbi Dómine Rex aetérnae gló-ri-ae.

O + God, come to my assistance. O Lord, make haste to help me. ***Glory be to the Father and to the Son and to the Holy Spirit.*** *As it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia.*

(Septuagesima and Lent: Praise to you Lord, king of eternal glory)

Hymnus



I am lucis orto sídere, Deum precémur súpplices, Ut in diúrnis ác-tibus Nos servet a nocéntibus. A- men.

Now in the sun's new dawning ray, lowly of heart, our God we pray that He from harm may keep us free in all the deeds this day shall see.

Línguam refrænans témperet,
Ne litis horror ínsonet :
Visum fovéndo cóntegat,
Ne vanitátes háuriat.

*May fear of Him our tongues restrain,
lest strife unguarded speech should stain:
His favoring care our guardian be,
lest our eyes feed on vanity.*

Sint pura cordis íntima,
Absístat et vecórdia :
Carnis terat supérbiam
Potus cibíque párcitas.

*May every heart be pure from sin,
and folly find no place therein:
scant meed of food, excess denied,
wear down in us the body's pride*

Ut cum dies abscésserit,
Noctémque sors redúxerit,
Mundi per abstinéntiam
Ipsi canámus glóriam.

*That when the light of day is gone,
and night in course shall follow on,
we, free from cares the world affords,
may chant the praises that is our Lord's.*

inclinatio profunda

Deo Patri sit glória,
Eiúsque soli Fílio,
Cum Spíritu Paráclito,
Et nunc, et in perpétuum.

*All laud to God the Father be,
all praise, Eternal Son, to Thee;
all glory, as is ever meet,
to God the Holy Paraclete.*

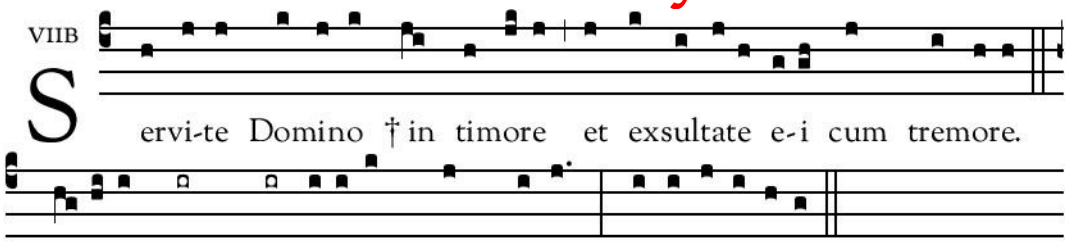
Amen.

Amen.

Antiphonarium pro Ecclesia Einsidlensi, 1314
Codex 611, Stiftsbibliothek, Einsiedeln, Switzerland

ad feriam secundam

Mondays



Serve the LORD with fear, exult with trembling.

Be- atus vir ... peccatorum non ste-tit * E u o u a e.

Antiphon (cantor). Servite Domino
All: in timore et exultate ei cum tremore.

Psalm 1.

Cantor: Blessed in**deed** is the man *
Choir 1: who follows not the counsel **of** the wicked,

Choir 2: nor stands in the **path** with sinners, *
nor abides in the compa**ny** of scorners,

1: but whose delight is the **law** of the LORD, *
and who ponders his **law** day and night.

2: He is like a tree that is planted
beside the **flow**ing waters, *
that yields its fruit **in** due season,

and whose leaves **shall** never fade; *
and all that he **does** shall prosper.

Not so are the **wick**ed, not so! *
For they, like winnowed chaff,
shall be driven a**way** by the wind.

When the wicked are judged **they** shall not rise, *
nor shall sinners in the coun**cil** of the just;

for the LORD knows the **way** of the just, *
but the way of the wic**ked** will perish.

Antiphona. Servite Dómino in timore et exultate ei cum tremore.

Psalmus I.

Beatus vir qui non abiit in consilio impiorum,
et in via peccato**rum** non **ste**tit, *
et in cathedra pestilentiæ non **se**dit;

sed in lege Domini vo**lun**tas **e**jus, *
et in lege ejus meditabitur **di**e ac **noc**te.

Et erit tamquam lignum quod plantatum est
secus de**cur**sus a**qua**rum, *
quod fructum suum dabit in **tem**pore **su**o:

et folium **e**jus non **de**fluet; *
et omnia quæcumque faciet **pros**pera**bun**tur.

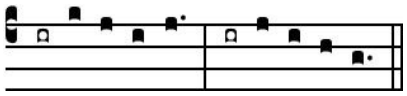
Non sic **im**pii, **non** sic; *
sed tamquam pulvis
quem projicit ventus a **fa**cie **ter**ræ.

Ideo non resurgent impii **in** ju**di**cio, *
neque peccatores in concili**o** jus**to**rum:

quoniam novit Dominus **vi**am jus**to**rum, *
et iter impi**o**rum **per**ibit.

inclinatio profunda

All: Glory be to the Father **and** to the Son *
And to the **Ho**ly Spirit:
As it was in the be**gin**ning is now *
And will be for **e**ver. Amen.

Psalm 2. 

Cantor: Why do the **na**tions conspire, *
Choir 1: and the peo**ples** plot in vain?

2: They arise, the **kings** of the earth; *
princes plot against the LORD and **his** Anointed.

1: "Let us burst asun**der** their fetters. *
Let us cast off **from** us their chains."

He who sits in **the** heavens laughs; *
the LORD de**rides** and mocks them.

Then he will speak **in** his anger, *
his rage will strike **them** with terror.

"It is I who have ap**point**ed my king *
on Sion, my **ho**ly mountain."

I will announce the de**cree** of the LORD: *
The LORD said to me, "You are my Son.
It is I who have begot**ten** you this day.

Ask of me and I will give you
the nations as your **in**heritance, *
and the ends of the earth as **your** possession.

With a rod of iron **you** will rule them; *
like a potter's jar you **will** shatter them."

So now, O **kings**, understand; *
take warning, ru**lers** of the earth.

Serve **the** LORD with fear; *
exult with trembling, pay **him** your homage,

lest he be angry and you perish on the way,
for suddenly his **an**ger will blaze. *
Blessed are all **who** trust in God!

All:

inclinatio profunda

Glory be to the Father **and** to the Son *
And to the **Ho**ly Spirit:
As it was in the be**gin**ning is now *
And will be for **e**ver. Amen.

Glória **Pá**tri et **Fí**lio *
Et Spi**rí**tui **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saecu**ló**rum. **A**men.

Psalmus II.

Quare fremu**e**runt **gen**tes, *
et populi meditati **sunt** in**a**nia?

Astiterunt **re**ges **ter**ræ, *
et principes convenerunt in unum
adversus Dominum, et adversus **chris**tum **e**jus.

Dirumpamus vincu**la** e**o**rum, *
et projiciamus a nobis **ju**gum ip**so**rum.

Qui habitat in cælis irri**de**bit **e**os, *
et Dominus subsan**na**bit **e**os.

Tunc loquetur ad eos in **i**ra **su**a, *
et in furore suo contur**ba**bit **e**os.

Ego autem constitutus sum rex ab eo
super Sion, montem **sanc**tum **e**jus, *
prædicans præ**cep**tum **e**jus.

Dominus dixit ad me: Filius **me**us **es** tu; *
ego hodie **ge**nui te.

Postula a me, et dabo tibi gentes hæredi**ta**tem **tu**am, *
et possessionem tuam ter**mi**nos **ter**ræ.

Reges eos in **vir**ga **fer**rea, *
et tamquam vas figuli con**frin**ges **e**os.

Et nunc, reges, **in**telli**gi**te; *
erudimini, qui judi**ca**tis **ter**ram.

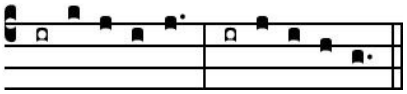
Servite Domino **in** ti**mo**re, *
et exsultate ei **cum** tre**mo**re.

Apprehendite disciplinam, nequando ira**sca**tur **D**ominus, *
et pereatis de **vi**a **jus**ta.

Cum exarserit in brevi **i**ra **e**jus, *
beati omnes qui con**fi**dunt in **e**o.

Glória **Pá**tri et **Fí**lio *
Et Spi**rí**tui **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saecu**ló**rum. **A**men.

Psalm 6.



Cantor: O LORD, do not rebuke me **in** your anger; *
Choir 1: reprove me **not** in your rage.

2: Have mercy on me, LORD, **for** I languish. *
LORD, heal me; my **bones** are shaking,

1: and my soul is **great**ly shaken. *
But you, **O** LORD, how long?

Return, LORD, **res**cue my soul. *
Save me in your **mer**ciful love.

For in death there is no re**mem**brance of you; *
from the grave, who **can** give you praise?

I am exhausted **with** my groaning; *
every night I drench my bed with tears,
I bedew my **couch** with weeping.

My eyes waste **a**way with grief; *
I have grown old surrounded **by** all my foes.

Leave me, all **who** do evil, *
for the LORD heeds the sound **of** my weeping.

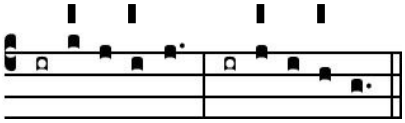
The LORD **has** heard my plea; *
the LORD will **re**ceive my prayer.

All my foes will be shamed and **great**ly shaken, *
sudden**ly** put to shame.

inclinatio profunda

All: Glory be to the Father **and** to the Son *
And to the **H**oly Spirit:
As it was in the be**gin**ning is now *
And will be for **e**ver. Amen.

Psalmus VI.



Domine, ne in furore tuo **ar**gu**as** me, *
neque in ira tua cor**ri**pi**as** me.

Miserere mei, Domine, quoni**am** in**fir**mus sum; *
sana me, Domine, quoniam conturbata sunt **os**sa **me**a.

Et anima mea tur**ba**ta est **val**de; *
sed tu, **Do**mine, **us**quequo?

Convertere, Domine, et eripe **a**nimam **me**am; *
salvum me fac propter miseri**cor**diam **tu**am.

Quoniam non est in morte qui **me**mor sit **tu**i; *
in inferno autem quis confite**bi**tur **ti**bi?

Laboravi in **ge**mitu **me**o; *
lavabo per singulas noctes lectum meum:
lacrimis meis stratum **me**um ri**ga**bo.

Turbatus est a furore **o**culus **me**us; *
inveteravi inter omnes ini**mi**cos **me**os.

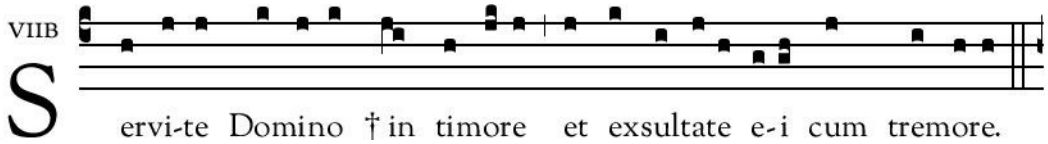
Discedite a me omnes qui operamini **i**niqui**ta**tem, *
quoniam exaudivit Dominus vocem **fle**tus **me**i.

Exaudivit Dominus deprecati**o**nem **me**am; *
Dominus orationem **me**am su**sce**pit.

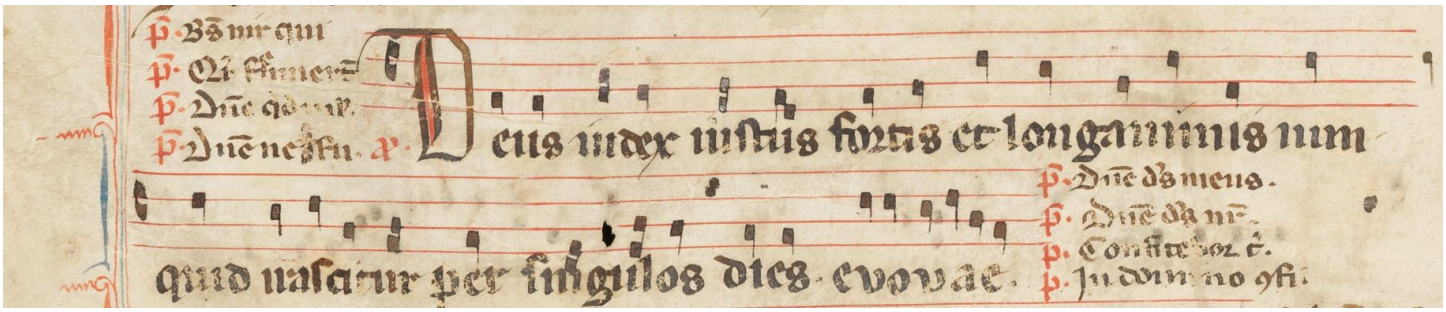
Erubescant, et conturbentur vehementer, omnes ini**mi**ci **me**i; *
convertantur, et erubescant **val**de ve**lo**citer.

Glória **Pá**tri et **Fí**lio *
Et Spi**rí**tui **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saecu**ló**rum. **A**men.

All:



Serve the LORD with fear, exult with trembling.



Antiphonarium Fratrum Minorum Secundum Consuetudinem Romanae Curiae, c. 1300
Codex Franziskanerkloster Ms. 2, Freiburg, Germany

ad feriam tertiam
Tuesdays

VIII G

D e-us iudex iustus † fortis et longanimis, numquid i-rasci-tur per singulos di-es.

God is a judge, just and powerful and patient, not exercising anger every day.

Domine De-us me-us in te speravi. * E u o u a e.

Antiphon (cantor): Deus iudex iustus
All: fortis et longanimis...

Psalm 7.

Cantor: O LORD, my God, I take refuge **in** you. *
Choir 1: Save and rescue me from all **my** pursuers,

2: lest they tear me apart like a **li**on, *
and drag me off with no one **to** rescue me.

1: If I have done this, O LORD, **my** God, *
if I have paid back evil for good,
I who saved my un**just** oppressor:

then let my foe pursue my soul and **seize** me; *
let him trample my life to the ground,
and lay my ho**nor** in the dust.

O LORD, rise up in your **an**ger; *
be exalted against the fu**ry** of my foes.
Awake, my God, to **en**act *
the jus**tice** you ordered.

Let the company of peoples gather **round** you, *
as you take your seat a**bove** them on high.

The LORD is judge of the **peo**ples. *
Give judgment for me, O LORD,
for I am just and **blame**less of heart.

Antiphona. Deus iudex iustus fortis et longanimis, numquid irascitur per singulos dies.

Psalmus VII.

Domine Deus meus, in te spe**ra**vi; *
salvum me fac ex omnibus persequentibus me, *et li***be**ra me:

nequando rapiat ut leo animam **me**am, *
dum non est qui redimat, neque qui *salvum* **fa**ciat.

Domine Deus meus, si feci **is**tud, *
si est iniquitas in ma*nibus* **me**is,

si reddidi retribuentibus mihi **ma**la, *
decidam merito ab inimicis me*is i***na**nis.

Persequatur inimicus animam meam, et comprehendat;
et conculcet in terra vitam **me**am, *
et gloriam meam in pulve*rem de***du**cat.

Exsurge, Domine, in ira **tu**a, *
et exaltare in finibus inimico*rum me***o**rum:
et exsurge, Domine Deus meus, in præcepto quod man**da**sti, *
et synagoga populorum *circum***da**bit te:

et propter hanc in altum re**gre**dere: *
Dominus ju*dicat* **po**pulos.

Judica me, Domine, secundum justitiam **me**am, *
et secundum innocentiam *meam* **su**per me.

Put an end to the evil of the **wicked!** *
Make the **just** man stand firm;

it is you who test mind **and** heart, *
O **God** of justice!

God is a shield be**fore** me, *
who saves the **up**right of heart.

God is a judge, just and powerful and **pa**tient, *
not exercising an**ger** every day.

Against someone who does not repent,
God will sharpen **his** sword; *
he bends his bow **and** makes ready.

For such a one he prepares deadly **wea**pons; *
he barbs his **ar**rows with fire.

Here is one who conceives ini**qui**ty; *
pregnant with malice, he **gives** birth to lies.

He digs a pit and bores **it** deep; *
and in the trap he **has** made he falls.

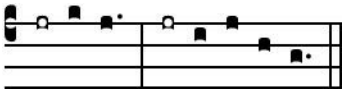
His malice recoils on **his** head; *
on his own skull his **vi**olence falls.

I thank the LORD for his **jus**tice, *
singing to the name of the **LORD**, the Most High.

inclinatio profunda

All: Glory be to the Father and to **the** Son *
And to the **Ho**ly Spirit:
As it was in the beginning **is** now *
And will be for **e**ver. Amen.

Psalm 8.



Cantor: O LORD, our Lord, how majestic
is your name through all **the** earth! *
1: Your majesty is set a**bove** the heavens.

2: From the mouths of children and **of** babes *
you fashioned praise to foil your enemy,
to silence the foe **and** the rebel.

1: When I see the heavens, the work of your **fin**gers, *
the moon and the stars **which** you arranged,

what is man that you should keep him **in** mind, *
the son of man that **you** care for him?

Consumetur nequitia peccatorum, et diriges **just**um, *
scrutans corda et *renes,* **De**us.

Justum adjutorium meum a **Do**mino, *
qui salvos facit *rectos* **cor**de.

Deus judex justus, fortis, et **pa**tiens; *
numquid irascitur per sin*gulos* **di**es?

Nisi conversi fueritis, gladium suum vib**ra**bit; *
arcum suum tetendit, et p*aravit* **il**lum.

Et in eo paravit vasa **mor**tis, *
sagittas suas ardenti*bus* *ef***fe**cit.

Ecce parturiit injus**ti**tiam; *
concepit dolorem, et peperit i*niqui***ta**tem.

Lacum aperuit, et effodit **e**um; *
et incidit in fove*am quam* **fe**cit.

Convertetur dolor ejus in caput **e**jus, *
et in verticem ipsius iniquitas e*jus de***scen**det.

Confitebor Domino secundum justitiam **e**jus, *
et psallam nomini Domi*ni al***tis**simi.

Glória Pátri et **Fí**lio *
Et Spirítui **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saecul*órum.* **A**men.

Psalmus VIII.

Domine, Dominus noster,
quam admirabile est nomen tuum in universa **ter**ra! *
quoniam elevata est magnificentia tua *super* **cæ**los.

Ex ore infantium et lactentium perfecisti laudem
propter inimicos **tu**os, *
ut destruas inimicum *et ul***to**rem.

Quoniam videbo cælos tuos, opera digitorum tu**o**rum, *
lunam et stellas quæ *tu fun***das**ti.

Quid est homo, quod memor es **e**jus? *
aut filius hominis, quoniam visi*tas* **e**um?

Yet you have made him little lower than the **an**gels; *
with glory and ho**nor** you crowned him,

gave him power over the works of **your** hands: *
you put all things **un**der his feet,

All of them, sheep and **ox**en, *
yes, even the cat**tle** of the fields,

birds of the air, and fish of **the** sea *
that make their way **through** the waters.

O LORD, our Lord, how ma**jes**tic *
is your name **through** all the earth!

inclinatio profunda

All: Glory be to the Father and to **the** Son *
And to the **Ho**ly Spirit:
As it was in the beginning **is** now *
And will be for **e**ver. Amen.

Psalm 9a.

Cantor: I will praise you, LORD, with all **my** heart; *
1: all your wonders **I** will confess.

2: I will rejoice in you and **be** glad, *
and sing psalms to your **name**, O Most High.

1: See how my enemies **turn** back, *
how they stumble and pe**rish** before you.

You upheld the justice of **my** cause; *
you sat enthroned, **an** upright judge.

You have rebuked the nations, destroyed the **wic**ked; *
you have wiped out their name fore**ver** and ever.

The foe is destroyed, eternally **ru**ined. *
You uprooted their cities; their memo**ry** has perished.

But the LORD sits enthroned fo**rev**er; *
he has set up his **throne** for judgment.

He will judge the world with **jus**tice; *
he will govern the peoples **with** equity.

For the oppressed, the LORD will be a **strong**hold, *
a stronghold in **times** of distress.

Minuisti eum paulominus ab **an**gelis; *
gloria et honore coronasti eum;
et constituisti eum super opera manu*um tu*a**r**um.

Omnia subjecisti sub pedibus **e**jus, *
oves et boves universas,
insuper et pe*cora* **cam**pi,

volucres cæli, et pisces **ma**ris *
qui perambulant se*mitas* **ma**ris.

Domine, Dominus **nos**ter, *
quam admirabile est nomen tuum in uni*versa* **ter**ra!

Glória Pátri et **Fí**lio *
Et Spirí*tui* **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saecu*lórum*. **A**men.

Psalmus IXa.

Confitebor tibi, Domine, in toto corde **me**o; *
narrabo omnia mirab*ilia* **tu**a.

Lætabor et exsultabo **in** te; *
psallam nomini tuo, *Al***tis**sime.

In convertendo inimicum meum ret**ror**sum; *
infirmabuntur, et peribunt a fa*cie* **tu**a.

Quoniam fecisti judicium meum et causam **me**am; *
sedisti super thronum, qui judi*cas jus***ti**tiam.

Increpasti gentes, et pe*riit* **im**pius: *
nomen eorum delesti in æternum, et in sæ*culum* **sæ**culi.

Inimici defecerunt frameæ in finem,
et civitates eorum destrux**is**ti. *
Periit memoria eo*rum cum* **so**nitu;

et Dominus in æternum **per**manet. *
Paravit in judicio *thronum* **su**um,

et ipse judicabit orbem terræ in æqui**ta**te: *
judicabit populos *in jus***ti**tia.

Et factus est Dominus refugium **pau**peri; *
adjutor in opportunitatibus, in tribu*lati***o**ne.

Those who know your name will **trust** you; *
you will not forsake those who **seek** you, O LORD.

Sing psalms to the LORD who dwells in **Si**on. *
Tell his mighty works a**mong** the peoples,

for the Avenger of Blood has remem**bered** them, *
has not forgotten the **cry** of the poor.

Have mercy on me, **O** LORD; *
see how I suffer from my foes,
you who raise me from **the** gates of death,

that I may recount all your praise
at the gates of daughter **Si**on, *
and rejoice in **your** salvation.

The nations have fallen in the pit which **they** made; *
their feet have been caught in **the** snare they laid.

The LORD has revealed himself; he has given **judg**ment. *
The wicked are snared by the **work** of their hands.

Let the wicked go down to **the** grave, *
all the nations for**get**ful of God:

for the needy shall not always be for**got**ten, *
nor the hopes of the poor **ev**er perish.

Arise, O LORD, let human strength not **pre**vail! *
Let the nations be **judged** before you.

Strike them with terror, **O** LORD; *
let the nations know **they** are but men

inclinatio profunda All: Glory be to the Father and to **the** Son *
And to the **Ho**ly Spirit:
As it was in the beginning **is** now *
And will be for **e**ver. Amen.

Et sperent in te qui noverunt nomen **tu**um, *
quoniam non dereliquisti quæren*tes te*, **Do**mine.

Psallite Domino qui habitat in **Si**on; *
annuntiate inter gentes stu*dia* **e**jus:

quoniam requirens sanguinem eorum recor**da**tus est; *
non est oblitus cla*morem* **pau**perum.

Miserere mei, **Do**mine: *
vide humilitatem meam de ini*micis* **me**is,

qui exaltas me de portis **mor**tis, *
ut annuntiem omnes laudationes tuas in portis fi*liæ* **Si**on:

exultabo in salutari **tu**o. *
Infixæ sunt gentes in interitu *quem fe***ce**runt;
in laqueo isto quem absconderunt *
comprehensus est *pes e***o**rum.

Cognoscetur Dominus judicia **fa**ciens; *
in operibus manuum suarum comprehensus *est pec***ca**tor.

Convertantur peccatores in in**fer**num, *
omnes gentes quæ oblivis*cuntur* **De**um.

Quoniam non in finem oblivio erit pau**per**is; *
patientia pauperum non peri*bit in* **fi**nem.

Exsurge, Domine, non praevaleat **ho**mo, *
judicentur gentes in cons*pectu* **tu**o.

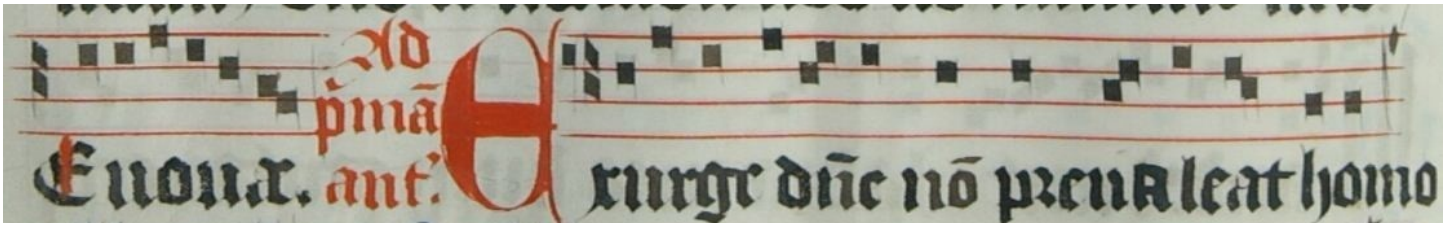
Constitue, Domine, legislatorem super **e**os, *
ut sciant gentes quoniam *homi***nes** sunt.

Glória Pátri et **Fí**lio *
Et Spirítui **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saecu*lórum.* **A**men.

VIII G

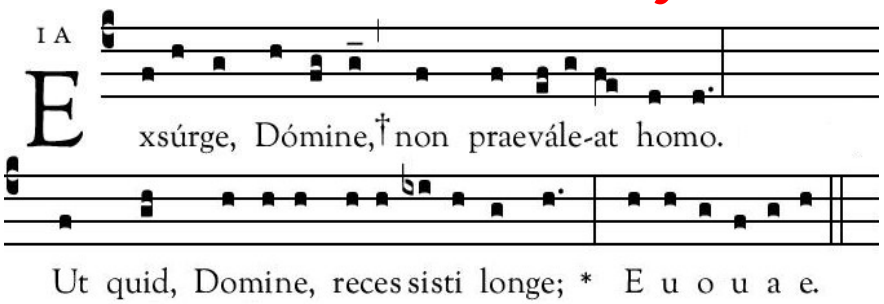
All: **D**e-us iudex iustus † fortis et longanimis, numquid i-rasci-tur per singulos di-es.

God is a judge, just and powerful and patient, not exercising anger every day.



Antiphonarium Cisterciense, 1555
Salzinnes, Belgium, now Halifax, Canada

ad feriam quartam
Wednesdays



Arise, O LORD, let
human strength
not prevail!

Antiphon (cantor): Exsurge, Domine,
All: non praevaleat homo.

Psalm 9b.

Cantor: O LORD, why do you **stand** afar off, *
Choir 1: and hide yourself in **times** of distress?

2: The poor are devoured by the pride **of** the wicked; *
they are caught in the schemes that **oth**ers have made.

1: For the wicked boasts of **his** soul's desires; *
the covetous blasphemes **and** spurns the LORD.

The wicked says in his pride, "God **will** not punish. *
There is no God." **Such** are his thoughts.

His path is ever untroubled;
your judgments are on **high**, far removed. *
All those who oppose **him**, he derides.

In his heart he thinks, "Never **shall** I falter; *
never shall misfor**tune** be my lot."

His mouth is full of cursing, **guile**, oppression; *
under his tongue are de**ceit** and evil.

He sits in ambush in the villages;
in hidden places, he murders **the** innocent. *
The eyes of the wicked keep watch **for** the helpless.

He lurks in hiding like a li**on** in his lair; *
he lurks in hiding to seize the poor;
he seizes the poor one and **drags** him away.

Antiphona. Exsurge, Domine, non praevaleat homo.

Psalmus IXb.

Ut quid, Domine, recessisti **lon**ge; *
despicis in opportunitatibus, in tribu*lati***o**ne?

Dum superbit impius, in**cen**ditur **pau**per: *
comprehenduntur in consiliis *quibus* **co**gitant.

Quoniam laudatur peccator in desideriis **a**nimæ **su**æ, *
et iniquus *bene***di**citur.

Exacerbavit **Do**minum **pec**cator: *
secundum multitudinem iræ *suæ, non* **quæ**ret.

Non est Deus in con**spe**ctu **e**jus; *
inquinatæ sunt viæ illius in *omni* **tem**pore.
Auferuntur judicia tua a **fa**cie **e**jus; *
omnium inimicorum suorum *domi***na**bitur.

Dixit enim in corde suo: **Non** mo**ve**bor *
a generatione in generationem, *sine* **ma**lo.

Cujus maledictione os plenum est, et amaritudi**ne**, et **do**lo; *
sub lingua ejus l*abor et* **do**lor.

Sedet in insidiis cum divitibus **in** oc**cul**tis, *
ut interficiat *inno***cen**tem.

Oculi ejus in paupe**rem** res**pi**ciunt; *
insidiatur in abscondito, quasi leo in spe*lunca* **su**a.
Insidiatur ut **ra**piat **pau**perem; *
rapere pauperem dum at*trahit* **e**um.

He crouches, preparing to spring, *
and the helpless fall prey to his strength.

He says in his heart, "God forgets, *
he hides his face, never will he see."

Arise, O LORD; lift up your hand, O God! *
Do not forget the poor!

Why should the wicked spurn God, *
saying in his heart, "You will not call to account"?

But you have seen the trouble and sorrow. *
You note it; you take it in your hands.
The helpless one relies on you, *
for you are the helper of the orphan.

Break the arm of the wicked and the sinner! *
Pursue their wickedness till nothing remains!

The LORD is king forever and ever. *
The nations shall perish from his land.

O LORD, you have heard the desire of the poor. *
You strengthen their hearts; you turn your ear

to give right judgment for the orphan and oppressed, *
so that no one on earth may strike terror again.

inclinatio profunda

All: Glory be to the Father and to the Son *
And to the Holy Spirit:
As it was in the beginning is now *
And will be for ever. Amen.

Psalm 10.

Cantor: In the LORD I have taken refuge. *
1: How can you say to my soul,
"Fly like a bird to the mountain!

2: Look, the wicked are bending their bow! *
They are fixing their arrow on the string,
to shoot the upright of heart in the dark.

Foundations once destroyed, *
what can the just man do?"

The LORD is in his holy temple; *
the throne of the LORD is in heaven.
His eyes behold the world; *
his gaze probes the children of men.

In laqueo suo humiliabit eum; *
inclinabit se, et cadet cum dominatus fuerit pauperum.

Dixit enim in corde suo: Oblitus est Deus; *
avertit faciem suam, ne videat *in* finem.

Exsurge, Domine Deus, exaltetur manus tua; *
ne oblviscaris pauperum.

Propter quid irritavit impius Deum? *
dixit enim in corde suo: *Non* requiret.

Vides, quoniam tu laborem et dolorem considéras, *
ut tradas eos in *manus* tuas.
Tibi derelictus est pauper; *
orphano tu eris *ad*jutor.

Contere brachium peccatoris et maligni; *
quæretur peccatum illius, et non invenietur.

Dominus regnabit in æternum, et in sæculum sæculi; *
peribitis, gentes, de terra illius.

Desiderium pauperum exaudivit Dominus; *
præparationem cordis eorum audivit *auris* tua:

judicare pupillo et humili, *
ut non apponat ultra magnificare se homo *super* terram.

Glória Pátri et Fílio *
Et Spirítui Sáncto.
Sicut érat in princípio, et nunc et semper, *
Et in saécula saeculórum. Amen.

Psalmus X.

In Domino confido; quomodo dicitis animæ meæ: *
Transmigra in montem *sicut* passer?

Quoniam ecce peccatores intenderunt arcum; *
paraverunt sagittas suas in pharetra,
ut sagittent in obscuro *rectos* corde:

quoniam quæ perfecisti destruxerunt; *
justus autem, *quid* fecit?

Dominus in templo sancto suo; *
Dominus in cælo *sedes* ejus.
Oculi ejus in pauperem respiciunt; *
palpebræ ejus interrogant *filios* hominum.

The LORD inspects the just **and** the wicked; *
the lover of vi**o**lence he hates.

He sends fire and brimstone **on** the wicked, *
a scorching wind **to** fill their cup.

For the LORD is just and loves **deeds** of justice; *
the upright shall **be**hold his face.

inclinatio profunda All: Glory be to the Father **and** to the Son *
And to the **Ho**ly Spirit:
As it was in the be**gin**ning is now *
And will be for **e**ver. Amen.

Psalm 11.

Cantor: Save me, O LORD, for the holy **ones** are no more;*
1: the faithful have vanished from **the** sons of men.

2: They babble vanities, one **to** another, *
with cunning lips, with **di**vided heart.

May the LORD destroy **all** cunning lips, *
the tongue that ut**ters** boastful words,

those who say, "We pre**vail** with our tongue; *
our lips are our own, who **is** our master?"

"For the poor who are oppressed and the needy who groan,
now will I a**rise**," says the LORD; *
"I will grant them the salvation **for** which they long."

The words of the LORD are words **with**out alloy, *
silver from the furnace, se**ven** times refined.

It is you, O LORD, who **will** keep us safe, *
and protect us forever from this **ge**neration.

The wicked prowl **on** every side, *
while baseness is exalted by **the** sons of men.

inclinatio profunda All: Glory be to the Father **and** to the Son *
And to the **Ho**ly Spirit:
As it was in the be**gin**ning is now *
And will be for **e**ver. Amen.

Dominus interrogat **jus**tum et **im**pium; *
qui autem diligit iniquitatem, odit a*nimam* **su**am.

Pluet super pecca**to**r**es** **la**queos; *
ignis et sulphur, et spiritus procellarum, pars cali*cis* *e***o**rum.

Quoniam justus Dominus, et justiti**as** di**le**xit: *
æquitatem vidit *vultus* **e**jus.

Glória **Pá**tri et **Fí**lio *
Et Spirí*tui* **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saecu*lórum*. **A**men.

Psalmus XI.

Salvum me fac, Domine, quoniam de**fe**cit **sanc**tus, *
quoniam diminutæ sunt veritates a fi*liis* **ho**minum.

Vana locuti sunt unusquisque ad **prox**imum **su**um; *
labia dolosa, in corde et cor*de lo***cu**ti sunt.

Disperdat Dominus universa labi**a** do**lo**sa, *
et lin*guam ma***gni**loquam.

Qui dixerunt: Linguam nostram magnificabimus;
labia **no**stra a **no**bis sunt. *
Quis noster *domi***nus** est?

Propter miseriam inopum, et **ge**mitum **pau**perum, *
nunc exsurgam, *dicit* **Do**minus.
Ponam in **sa**lu**ta**ri; *
fiducialiter a*gam in* **e**o.

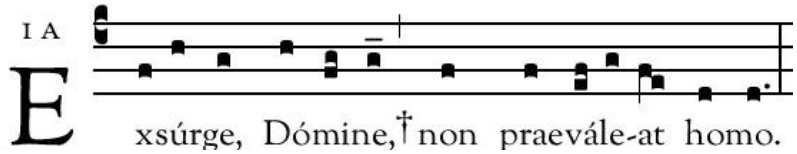
Eloquia Domini, eloquia casta; argentum igne ex**a**mi**na**tum, *
probatum terræ, purga*tum sep***tup**lum.

Tu, Domi**ne**, ser**va**bis nos, *
et custodies nos a generatione hac *in æ***ter**num.

In circuitu **im**pii **am**bulant: *
secundum altitudinem tuam multiplicasti fi*lios* **ho**minum.

Glória **Pá**tri et **Fí**lio *
Et Spirí*tui* **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saecu*lórum*. **A**men.

All:



Arise, O LORD, let human strength not prevail!

Antiphonarium Benedictinum, 1400
Benediktinerstift, St. Lambrecht, Austria

ad feriam quintam
Thursdays

I will sing to the LORD who has been bountiful with me.

Antiphon (Cantor): Cantabo Domino
All: qui bona tribuit mihi.

Psalm 12.

Cantor: How long, O LORD? Will you forget me for**e**ver? *
1: How long will you hide your **face** from me?

2: How long must I bear grief in my soul,
have sorrow in my heart all **day** long? *
How long shall my enemy prevail **o**ver me?

1: Look, answer me, LORD **my** God! *
Give light to my eyes lest I fall a**sleep** in death;

lest my enemy say, "I have over**come** him"; *
lest my foes rejoice when they **see** me fall.

As for me, I trust in your merci**ful** love. *
Let my heart rejoice in your **sal**vation.

I will sing to the LORD who has been bountiful **with** me. *
I will sing psalms to the name of the **LORD** Most High.

inclinatio profunda All: Glory be to the Father and to **the** Son *
And to the Ho**ly** Spirit:
As it was in the beginning **is** now *
And will be for e**ver**. Amen.

Antiphona. Cantabo Domino qui bona tribuit mihi.

Psalmus XII.

Usquequo, Domine, oblivisceris me in **fi**nem? *
usquequo avertis faciem tu*am* **a** me?

quamdiu ponam consilia in anima **me**a; *
dolorem in corde meo *per* **di**em?

usquequo exaltabitur inimicus meus **su**per me? *
Respice, et exaudi me, Domine De*us* **me**us.

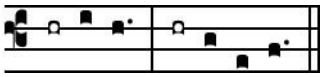
Illumina oculos meos, ne umquam obdormiam in **mor**te; *
nequando dicat inimicus meus: Prævalui adver*sus* **e**um.

Qui tribulant me exsultabunt si motus fu**e**ro; *
ego autem in misericordia tua *spe***ra**vi.

Exsultabit cor meum in salutari tuo.
Cantabo Domino qui bona tribuit **mi**hi; *
et psallam nomini Domini *al***tis**simi.

Glória Pátri et **Fí**lio *
Et Spirítui **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saeculó*rum*. **A**men.

Psalm 13.



Cantor: The fool has said in **his** heart, *
1: "There **is** no God."
Their deeds are corrupt, **de**praved; *
no one does **a**ny good.

2: From heaven the LORD **looks** down *
on the **hu**man race,
to see if any **are** wise, *
if a**ny** seek God.

1: All have gone **as**tray, *
depraved, **ev**'ry one;
there is no one who does a**ny** good; *
no, not **e**ven one.

[Latin Vulgate: Psalm verses
as collected in Romans 3:13-18]

Do none of the evildoers un**der**stand? *
They eat up my people as if eating bread;
they never call out **to** the LORD.

There they shall tremble **with** fear, *
for God is with the generation **of** the just.

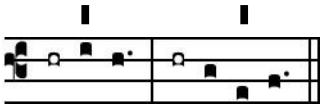
You may mock the plans of one that **is** poor, *
but his refuge **is** the LORD.

O that Israel's salvation might come from **Si**on. *
When the LORD delivers his people from bondage,
then Jacob will be glad and Isra**el** rejoice.

inclinatio profunda

All: Glory be to the Father and to **the** Son *
And to the Ho**ly** Spirit:
As it was in the beginning **is** now *
And will be for e**ver**. Amen.

Psalmus XIII.



Dixit insipiens in corde **su**o: *
Non *est* **De**us.
Corrupti sunt, et abominabiles facti sunt in studiis **su**is; *
non est qui faciat bonum, non est usque *ad* **un**um.

Dominus de cælo prospexit super filios **ho**minum, *
ut videat si est intelligens, aut requi*rens* **De**um.

Omnes declinaverunt, simul inutiles **fac**ti sunt. *
Non est qui faciat bonum, non est usque *ad* **un**um.

Sepulchrum patens est guttur eorum;
linguis suis dolose a**ge**bant. *
Venenum aspidum sub labiis *e***o**rum,

quorum os maledictione et amaritudine **ple**num est; *
veloces pedes eorum ad effunden*dum* **san**guinem.

Contritio et infelicitas in viis eorum,
et viam pacis non cogno**ver**unt; *
non est timor Dei ante oculos *e***o**rum.

Nonne cognoscent omnes qui operantur iniqui**ta**tem, *
qui devorant plebem meam sicut es*cam* **pa**nis?

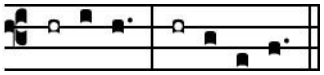
Dominum non invoca**ver**unt; *
illic trepidaverunt timore, ubi non e*rat* **ti**mor.

Quoniam Dominus in generatione justa est:
consilium inopis confu**dis**tis, *
quoniam Dominus *spes* **e**jus est.

Quis dabit ex Sion salutare **Is**raël? *
Cum averterit Dominus captivitatem plebis suæ,
exsultabit Jacob, et lætabi*tur* **Is**raël.

Glória Pátri et **Fí**lio *
Et Spirítui **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saeculó*rum*. **A**men.

Psalm 14.



Cantor:LORD, who may abide in **your** tent, *
1:and dwell on your ho**ly** mountain?

2:Whoever walks without fault;
who does what **is** just, *
and speaks the truth **from** his heart.

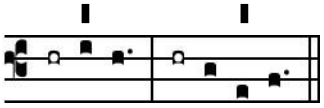
1:Whoever does not slander with his tongue,
who does no wrong to a **neigh**bor, *
who casts no slur **on** a friend,

who looks with scorn on the wicked,
but honors those who fear **the** LORD. *
Who keeps an oath, whate**ver** the cost,

who lends no money at interest,
and accepts no bribes against the in**no**cent. *
Such a one shall never **be** shaken.

inclinatio profunda All: Glory be to the Father and to **the** Son *
And to the Ho**ly** Spirit:
As it was in the beginning **is** now *
And will be for e**ver**. Amen.

Psalmus XIV.



Domine, quis habitabit in tabernaculo **tu**o? *
aut quis requiescet in monte sanc*to* **tu**o?

Qui ingreditur sine **ma**cula, *
et operatur *jus***ti**tiam;

qui loquitur veritatem in corde **su**o: *
qui non egit dolum in ling*ua* **su**a,
nec fecit proximo suo **ma**lum, *
et opprobrium non accepit adversus proxi*mos* **su**os.

Ad nihilum deductus est in conspectu ejus ma**li**gnus; *
timentes autem Dominum *glo***ri**ficat.

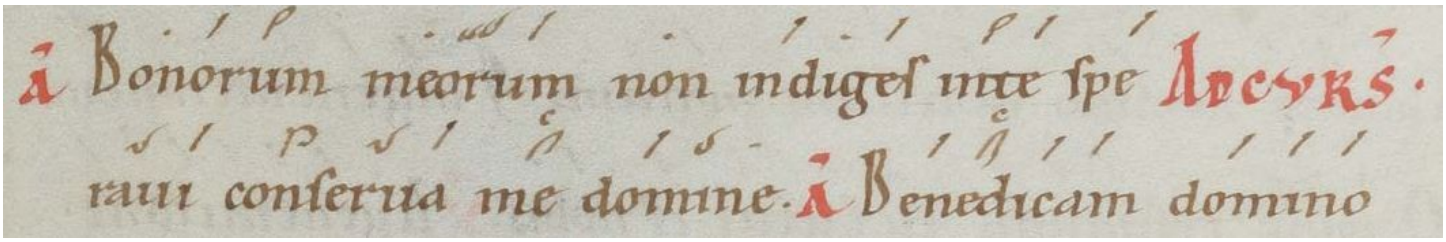
Qui jurat proximo suo, et non **de**cipit; *
qui pecuniam suam non dedit ad usuram,
et munera super innocentem non *ac***ce**pit:

qui **fa**cit hæc *
non movebitur in *æ***ter**num.

Glória Pátri et **Fí**lio *
Et Spirítu*i* **Sán**cto.
Sicut érat in princípio, et nunc et **sem**per, *
Et in saécula saeculó*rum*. **A**men.

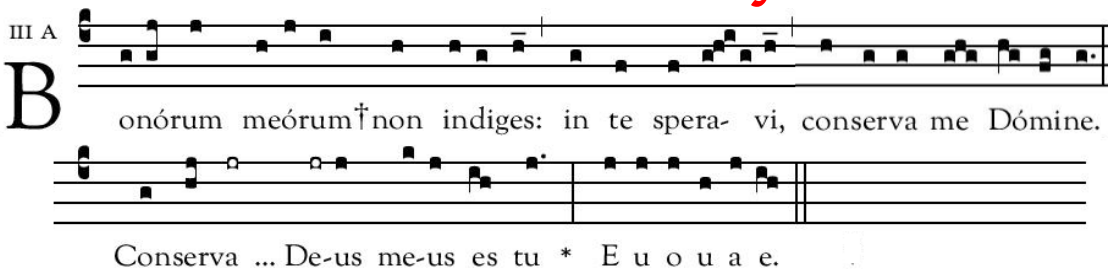
All:

I will sing to the LORD who has been bountiful with me.



Antiphonarium, c. 1100
Codex 388, Stiftsbibliothek, St. Gallen, Switzerland

ad feriam sextam
Fridays



You have no need of my goods: in you I take refuge, preserve me, O God.

Antiphon (cantor): Bonorum meorum
All: non indiges: in te speravi, conserva me Domine.

Psalm 15.

Cantor: Preserve me, O God, for in you **I** take refuge. *
1: I say to the LORD, "You are my LORD.
My happiness lies in **you** alone."

2: As for the holy ones who **dwell** in the land, *
they are noble, and in them is all **my** delight.

1: Those who choose other gods in**crease** their sorrows. *
I will not take part in their offerings of blood.
Nor will I take their names u**pon** my lips.

O LORD, it is you who are my **por**tion and cup; *
you yourself who se**cure** my lot.

Pleasant places are **marked** out for me: *
a pleasing heritage in**deed** is mine!

I will bless the LORD who **gives** me counsel, *
who even at night di**rects** my heart.

I keep the LORD be**fore** me always; *
with him at my right hand, I shall **not** be moved.

And so, my heart rejoices, **my** soul is glad; *
even my flesh shall **rest** in hope.

Antiphona. Bonorum meorum non indiges: in te speravi, conserva me Domine.

Psalmus XV.

Conserva me, Domine, quoniam spe**ra**vi **in** te. *
Dixi Domino: Deus meus es tu,
quoniam bonorum meorum *non* **e**ges.

Sanctis qui sunt in **ter**ra **e**jus, *
mirificavit omnes voluntates meas *in* **e**is.

Multiplicatæ sunt infirmi**ta**tes e**o**rum: *
postea accele*ra***ve**runt.
Non congregabo conventicula eorum **de** sanguini**bus**, *
nec memor ero nominum eorum per labi*a* **me**a.

Dominus pars hæreditatis meæ, et **ca**licis **me**i: *
tu es qui restitues hæreditatem me*am* **mi**hi.

Funes ceciderunt mihi **in** præ**cla**ris; *
etenim hæreditas mea præclara *est* **mi**hi.

Benedicam Dominum qui tribuit mihi **in**tel**lec**tum; *
insuper et usque ad noctem increpuerunt me re*nes* **me**i.

Providebam Dominum in conspectu **me**o **sem**per: *
quoniam a dextris est mihi, ne *com***move**ar.

Propter hoc lætatum est cor meum, et exsultavit **lin**gua **me**a; *
insuper et caro mea requie*scet* **in** spe.

For you will not abandon **my** soul to hell, *
nor let your holy one see **cor**ruption.

You will show me **the** path of life, *
the fullness of joy in your presence,
at your right hand, bliss **for**ever.

inclinatio profunda All: Glory be to the Father **and** to the Son *
And to the Hol**y** Spirit:
As it was in the be**gin**ning is now *
And will be for e**ver**. Amen.

Psalm 16.

O LORD, hear a **cause** that is just; *
pay heed **to** my cry.
Turn your **ear** to my prayer: *
no deceit is **on** my lips.

From you may my **jus**tice come forth. *
Your eyes discern what **is** upright.

Search my heart and vi**sit** me by night. *
Test me by fire, and you will find no **wrong** in me.

My mouth does not transgress **as** others do; *
on account of the words of your lips,
I closely watched the paths of the **vi**olent.

I kept my steps firm**ly** in your paths. *
My feet have ne**ver** faltered.

To you I call; for you will surely **heed** me, O God. *
Turn your ear to me; **hear** my words.

Display your **mer**ciful love. *
By your right hand you deliver from their foes
those who put their **trust** in you.

Guard me as the ap**ple** of your eye. *
Hide me in the shadow of your wings
from the violent attack of **the** wicked.

My foes encircle me with **dead**ly intent. *
Their hearts tight shut, their mouths **speak** proudly.

They advance against me, and now **they** surround me. *
Their eyes watch to strike me **to** the ground.

Quoniam non derelinques animam meam **in** in**fer**no, *
nec dabis sanctum tuum videre corrupt*i***o**nem.

Notas mihi fecisti vias vitæ;
adimplebis me lætitia cum **vul**tu **tu**o: *
delectationes in dextera tua usque *in* **fi**nem.

Glória **Pá**tri et Fí**li**o *
Et Spirítu*i* **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saeculó*rum*. **A**men.

Psalmus XVI.

Exaudi, Domine, jus**ti**tiam **me**am; *
intende deprecatio*nem* **me**am.
Auribus percipe orati**o**nem **me**am, *
non in labiis *do***lo**sis.

De vultu tuo judicium **me**um pro**de**at; *
oculi tui videant æ*qui***ta**tes.

Probasti cor meum, et visi**tas**ti **noc**te; *
igne me examinasti, et non est inventa in me *i***niqui**tas.

Ut non loquatur os meum **o**pera ho**mi**num: *
propter verba labiorum tuorum, ego custodivi vi*as* **du**ras.

Perfice gressus meos in **se**mitis **tu**is, *
ut non moveantur vestigi*a* **me**a.

Ego clamavi, quoniam exau**dis**ti me, **De**us; *
inclina aurem tuam mihi, et exaudi ver*ba* **me**a.

Mirifica miseri**cor**dias **tu**as, *
qui salvos facis sperant*es* **in** te.

A resistentibus dexteræ **tu**æ custo**di** me *
ut pupill*am* **ocu**li.

Sub umbra alarum tu**a**rum prote**ge** me *
a facie impiorum qui me af*flix***e**runt.

Inimici mei animam meam circumdederunt;
adipem suum **con**clu**se**runt: *
os eorum locutum est *su***per**bi**a**m.

Projicientes me nunc **cir**cumdede**runt** me; *
oculos suos statuerunt declinare *in* **ter**ram.

They are like a lion **rea**dy to claw, *
like some young lion crouched **in** hiding.

Arise, O LORD, confront **them**, strike them down! *
Let your sword deliver my soul from **the** wicked!

Let your hand, O LORD, deli**ver** me from those *
whose portion in this present life **is** fleeting.

May you give them their fill **of** your treasures; *
may their offspring rejoice in plenty,
and leave their wealth to **their** children.

As for me, in justice I shall **be**hold your face; *
when I awake I shall be filled
with the vision of **your** presence.

inclinatio profunda
All: Glory be to the Father **and** to the Son *
And to the Ho**ly** Spirit:
As it was in the be**gin**ning is now *
And will be for e**ver**. Amen.

Psalm 17a.

I love **you**, LORD, my strength; *
O LORD, my rock, my fortress, **my** savior;

my God, my rock where **I** take refuge; *
my shield, my saving strength, **my** stronghold.

I cry out, "**Praised** be the LORD!" *
and see, I am saved **from** my foes.

The waves of death **rose** about me; *
the torrents of destruction **as**sailed me;

the snares of the grave **sur**rounded me; *
the traps of death con**fron**ted me.

In my anguish I **called** to the LORD; *
I cried to my **God** for help.

From his temple **he** heard my voice; *
my cry to him **reached** his ears.

The earth then reeled and rocked;
the mountains were sha**ken** to their base; *
they quaked at his terri**ble** anger.

Susceperunt me sicut leo pa**ra**tus ad **præ**dam, *
et sicut catulus leonis habitans *in* **abdi**tis.

Exsurge, Domine: præveni eum, et supp**lan**ta **e**um: *
eripe animam meam ab impio;
frameam tuam ab inimicis ma*nus* **tu**æ.

Domine, a paucis de terra divide eos in **vi**ta e**o**rum; *
de absconditis tuis adimpletus est venter *e***o**rum.
Satu**ra**ti sunt fi**li**is, *
et dimiserunt reliquias suas parvu*lis* **su**is.

Ego autem in justitia apparebo con**spec**tui **tu**o; *
satiabor cum apparuerit glori*a* **tu**a.

Glória **Pá**tri et Fí**li**o *
Et Spirítui **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saeculórum. **A**men.

Psalmus XVIIa.

Diligam te, Domine, forti**tu**do **me**a. *
Dominus firmamentum meum, et refugium meum,
et libera*tor* **me**us.

Deus meus ad**ju**tor **me**us, *
et sperabo *in* **e**um;
protector meus, et cornu sa**lu**tis **me**æ, *
et suscep*tor* **me**us.

Laudans invo**ca**bo Do**mi**num, *
et ab inimicis meis sal*vus* **e**ro.

Circumdederunt me do**lo**res **mor**tis, *
et torrentes iniquitatis contur*ba***ver**unt* me.

Dolores inferni **cir**cumdede**runt** me; *
præoccupaverunt me laque*i* **mor**tis.

In tribulatione mea invo**ca**vi Do**mi**num, *
et ad Deum meum *cla***ma**vi:

et exaudivit de templo sancto suo **vo**cem **me**am; *
et clamor meus in conspectu ejus introivit in au*res* **e**jus.

Commota est, et con**tre**muit **ter**ra; *
fundamenta montium conturbata sunt, et commota sunt:
quoniam iratus *est* **e**is.

Smoke came forth from his nostrils,
and scorching **fire** from his mouth; *
from him were kind**led** live coals.

He bent the hea**vens** and came down, *
a black cloud was un**der** his feet.

On a cherub, he **rode** and he flew; *
he soared on the wings **of** the wind.

He made the darkness **his** covering, *
the dark waters of the **clouds**, his tent.

A brightness shone **out** before him, *
with hailstones and fla**shes** of fire.

The LORD then thundered **in** the heavens; *
the Most High let his voice be heard,
with hail and **coals** of fire.

He shot his arrows, **scat**tered the foe, *
flashed his lightnings, and put **them** to flight.

The bed of the o**cean** was revealed; *
the foundations of the world **were** laid bare
at your **re**buke, O LORD, *
at the blast of the breath of **your** nostrils.

From on high he reached **down** and seized me; *
he drew me forth from the migh**ty** waters.

He saved me from my **pow**erful foe, *
from my enemies, whose strength I **could** not match.

They assailed me in the day of **my** misfortune, *
but the LORD was my **strong** support.

He brought me out to a **place** of freedom; *
he saved me because **he** loved me.

The LORD rewarded me be**cause** I was just, *
repaid me, for my **hands** were clean,

for I have kept the **ways** of the LORD, *
and have not fallen away **from** my God.

Ascendit fumus in ira ejus, et ignis a facie **e**jus ex**ar**sit; *
carbones succensi sunt *ab* **e**o.

Inclinavit cælos, **et** de**scen**dit, *
et caligo sub pedi*bus* **e**jus.

Et ascendit super cherubim, **et** vo**la**vit; *
volavit super pennas *ven***to**rum.

Et posuit tenebras latibulum suum;
in circuitu ejus taber**na**culum **e**jus, *
tenebrosa aqua in nubibus *a***ë**ris.

Præ fulgore in conspectu ejus nubes **tran**si**e**runt; *
grando et carbo*nes* **ig**nis.

Et intonuit de cælo Dominus,
et Altissimus dedit **vo**cem **su**am: *
grando et carbo*nes* **ig**nis.

Et misit sagittas suas, et dissi**pa**vit **e**os; *
fulgura multiplicavit, et conturba*vit* **e**os.

Et apparuerunt **fon**tes a**qua**rum, *
et revelata sunt fundamenta orbis *ter***ra**rum,
ab increpatione **tu**a, Do**mi**ne, *
ab inspiratione spiritus i*ræ* **tu**æ.

Misit de summo, **et** accep**it** me; *
et assumpsit me de a*quis* **mul**tis.

Eripuit me de inimicis meis fortissimis,
et ab his **qui** ode**runt** me. *
Quoniam confortati *sunt* **super** me;

prævenerunt me in die afflicti**o**nis **me**æ: *
et factus est Dominus protec*tor* **me**us.

Et eduxit me **in** latitu**di**nem; *
salvum me fecit, quoniam vo*lu***it** me,

et retribuet mihi Dominus secundum jus**ti**tiam **me**am, *
et secundum puritatem manuum mearum retribu*et* **mi**hi:

quia custodivi **vi**as Do**mi**ni, *
nec impie gessi a Deo **me**o;

For his judgments are **all** before me; *
his commands I have not **cast** aside.

I have been blame**less** before him; *
I have kept my**self** from guilt.

The LORD repaid me be**cause** I was just, *
and my hands were clean **in** his eyes.

quoniam omnia judicia ejus in con**spec**tu **me**o, *
et justitias ejus non repu*li* **a** me.

Et ero immacu**la**tus cum **e**o; *
et observabo me ab iniquita*te* **me**a.

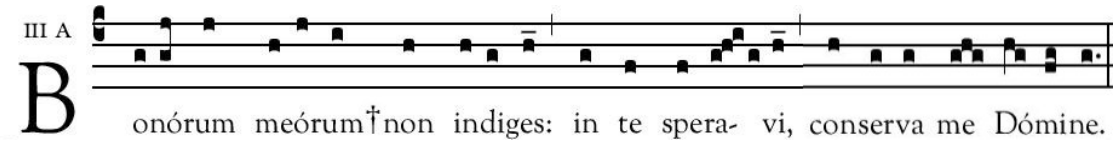
Et retribuet mihi Dominus secundum jus**ti**tiam **me**am, *
et secundum puritatem manuum mearum
in conspectu oculo*rum* **e**jus.

inclinatio profunda

All: Glory be to the Father **and** to the Son *
And to the Ho**ly** Spirit:
As it was in the be**gin**ning is now *
And will be for e**ver**. Amen.

Glória **Pá**tri et **Fí**lio *
Et Spirítu*i* **Sán**cto.
Sicut érat in princípio, et **nunc** et **sem**per, *
Et in saécula saeculó*rum*. **A**men.

All:

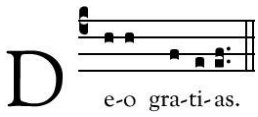


You have no need of my goods: in you I take refuge, preserve me, O God.

stand

Capitulum

Cantor: Regi saeculorum immortali et invisibili, † soli Deo honor et gloria, * in saecula saeculorum. Amen.

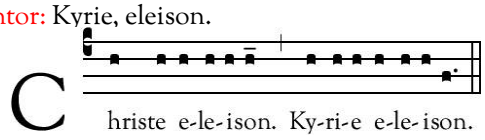
All: 

(1 Tim 1:17) To the King of the ages, Who is immortal, invisible, the one only God, be honor and glory forever and ever. Amen.

Thanks be to God.

Cantor: Exsurge, Christe, adjuva nos.
All: Et libera nos propter nomen tuum.

Arise, O Christ, and help us.
And deliver us for Thy Name's sake.

Cantor: Kyrie, eleison.
All: 

Lord, have mercy on us.

Christ, have mercy on us. Lord, have mercy on us.

inclinatio profunda

Cantor: Pater noster, *(continued silently) qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie, et dimitte debita nostra sicut et nos dimittimus debitoribus nostris.*
Cantor: Et ne nos inducas in tentationem.
All: Sed libera nos a malo.

Our Father, who art in Heaven, hallowed by Thy Name. Thy Kingdom come, Thy Will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.

Cantor: Domine, exaudi orationem meam.
All: Et clamor meus ad te veniat.

O Lord, hear my prayer.
And let my cry come unto Thee.

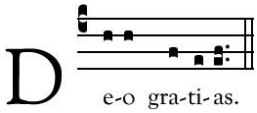
inclinatio profunda

Cantor: Oremus. Domine Deus omnipotens qui ad principium huius diei nos pervenire fecisti: tua nos hodie salva virtute; ut in hac die ad nullum declinemus peccatum, sed semper ad tuam iustitiam faciendam nostra procedant eloquia, dirigantur cogitationes et opera. Per Dominum nostrum Iesum Christum Filium tuum: Qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.
All: Amen.

Let us pray. O Lord God almighty, Who hast brought us to the beginning of this day, preserve us in the same by Thy power, that during this day we may not fall into any sin, but that all our words, thoughts and works may be directed to the doing of Thy righteousness. Through our Lord Jesus Christ, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end.
Amen.

Cantor: Domine, exaudi orationem meam.
All: Et clamor meus ad te veniat.

O Lord, hear my prayer.
And let my cry come unto Thee.

Cantor: Benedicamus Domino.
All: 

Let us bless the Lord.

Thanks be to God.

Cantor: Fidelium animae per misericordiam Dei requiescant in pace.
All: Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace.
Amen.

Cantor: Divinum auxilium maneat semper nobiscum.
All: Et cum fratribus nostris absentibus. Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Private prayer for recitation after the Divine Office:
Sacrosanctae et individuae Trinitati, crucifixi Domini nostri Jesu Christi humanitati, beatissimae et gloriosissimae semperque Virginis Mariae foecundae integritati, et omnium Sanctorum universitati sit sempiterna laus, honor, virtus et gloria ab omni creatura, nobisque remisso omnium peccatorum, per infinita saecule saeculorum. Amen.

Beata viscera Mariae Virginis, quae portaverunt aeterni Patris Filium. Et beata ubera, quae lactaverunt Christum Dominum. Pater. Ave.

Let every creature give unending praise, honor, power and glory, throughout all eternity, unto the Most Holy and Undivided Trinity, to the crucified humanity of our Lord Jesus Christ, to the chaste motherhood of Mary, the ever-glorious and blessed Virgin, and to the entire assembly of the saints; and may we receive the forgiveness of all our sins. Amen.

Blessed is Mary's virgin womb, that bore the Son of the eternal Father. And blessed are the breasts that nursed Christ the Lord. Our Father... Hail Mary...

Appendix

Gregorian chant for antiphons from cited medieval breviaries accessed via the online CANTUS database
Psalm tones, intonations, etc. from the Liber Usualis (1961) by the Abbey of Solesmes

Hymn prescribed for Prime (Iam lucis) is 5th c. Ambrosian, translation by Alan G. McDougall (published in "The Hymns of the Breviary and Missal" ed. Rev. Matthew Britt, OSB, Benziger Brothers, 1936)

English psalter from the Revised Grail Psalms, copyright 2010 by Conception Abbey, administered by GIA Publications, Inc., all rights reserved. The Revised Grail Psalms were confirmed by decree of the Congregation for Divine Worship and the Discipline of the Sacraments on March 19, 2010 (Prot. N. 172/09/L).

Latin psalter from the Vulgate Bible, translated by St. Jerome (c. 383) from the Septuagint as well as Hebrew texts. Arranged by day according to the Rule of St. Benedict (c. 529).

All other texts: from the Latin-English Monastic Diurnal of St. Michael's Abbey in Farnborough, England, and publications from Our Lady of the Annunciation of Clear Creek Abbey in Oklahoma (Solesmes Congregation), to conform to the Rule of St. Benedict.

N.B. 1. In this edition, proper Gregorian melodies accompany the antiphons and psalms, even though many monasteries will recite this little Hour in "recto tono". It is possible to recite it this way as well, if desired.

N.B. 2. Here, the syllables of the English psalter in bold type correspond to the beginning of the cadence of the mediant or termination, with each syllable thereafter corresponding to the remaining notes of the cadence. This does not always "preserve the smoothness of the cadence" as found in the Latin. Several approaches have been used to set English text to Gregorian chant, including preserving the Gregorian melodies fully as done here. Other approaches more satisfactory for English prosody change or simplify the Gregorian melodies. However, keeping the Gregorian melodies consistent across the two languages facilitates the possibility of learning to chant the psalms first in English and then in the mother tongue of the Roman Church. Care has been taken to provide accurate guides for the interpretation in Latin: Bold syllables correspond to the accents in the cadence, and italics indicate preparatory syllables to the accent. The only exception to this rule occurs on Tone IIIa on Friday, when the second bold syllable of the mediant always corresponds to the clivis, and the bold syllable of the termination always corresponds to the pitch of the note before the clivis. All of the tones and guides for interpretation are taken from the Liber Usualis. Flexes during the psalmody have also been simplified to brief pauses both in the Latin psalter (as suggested in the Liber Usualis and permitted by the Sacred Congregation of Rites), and in the English psalter.

N.B. 3. The antiphons for Prime will change depending on the liturgical season and certain feast days. This edition provides antiphons only for ferial days during the year (i.e. outside of Advent, Paschaltide, etc.)

N.B. 3. There are likely various mistakes, omissions, and inaccuracies in this edition. Many apologies in advance from the poor editor are in order!

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